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Thursday, February 27, 2014

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Medical exam controversy

Student finds fault with mandatory medical exams for international grads PAGE 4

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INFUSED WITH BOLD MEDITERRANEAN FLAVOURS

A FISH DISH WITHOUT THE FANCY PREPARATION PAGE 25

Toronto Mayor Rob Ford speaks in Ottawa on Wednesday. Ford is telling Canada's big city mayors to choose sides in the next federal election or stop complaining about infrastructure funding issues.
SEAN KILPATRICK/THE CANADIAN PRESS

Ford blows into the capital for mayors' meet

Up close. Ottawa gets glimpse of Toronto mayor's antics

Toronto Mayor Rob Ford is telling Canada's big city mayors to choose sides in the next federal election or stop complaining about infrastructure funding issues.

The controversial, blunt-spoken mayor blew into the capital Wednesday with his trademark bull-in-a-china-shop style, wowing crowds of autograph and photo seekers, scrumming twice with reporters and generally knocking a scheduled meeting of the Big City Mayors' Caucus off its moorings.

"I got along well with all the mayors, I didn't think I was a distraction," Ford told his second scrum of the morning at the first Federation of Canadian Municipalities meeting he has ever attended.

Ford had previously dismissed the group as the "lefty caucus," and he made it clear Wednesday he wasn't entirely back onside.

The mayors of the biggest cities are nearly united in their concern that a $14-billion, ten-year federal infrastructure plan announced this month by Prime Minister Stephen Harper falls short of the country's massive needs.

Ford had another take.

"Not all of us agreed on that, but I'm not here to ridicule the Conservative government. I think they've treated Toronto well and I told them my feelings."

Ford has been a key municipal ally of the Harper Conservatives — or at least he was until he admitted using crack cocaine in a "drunken stupor," delivered a lewd rant in front of TV cameras and became an international punch line.

Last fall, Harper and Finance Minister Jim Flaherty made a big show of presenting Ford with more than $600 million for a municipal subway extension that remains a matter of hot debate in Canada's largest city.

Ford said he told the other big city mayors to back a federal party, as he has.

"Either you're going to support (Tom) Mulcair and the NDP or you're going to vote (Justin) Trudeau and the Liberals or you're going to vote for the new leader of the Bloc," Ford told reporters.

"But don't sit there and complain if you're not going to take a stand."

THE CANADIAN PRESS

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Cold shoulder

Quebec mayors trash Rob Ford

It was a mayoral meeting — not the Rob Ford Show.

That was Montreal Mayor Denis Coderre's view of the Big City Mayors' Caucus on Wednesday.

"He's got the right to be there, but I don't care about him," he said.

"It's a caucus, not a circus.... We didn't talk to him. I didn't shake his hand. I didn't look at him."

"I don't want to say to my people and my kids that I'm working with a guy that is ... smoking crack," said Quebec City Mayor Regis Lebeaume.

LUCY SCHOLEY/METRO

Montreal Mayor Denis Coderre, flanked by Quebec City's Regis Labeaume, left, and Maxime Pedneaud-Jobin of Gatineau. LUCY SCHOLEY/METRO

Rapibus

Gatineau cries out for transit funding

A unified mayoral push for more federal transportation funding could be good news for Gatineau, according to its mayor.

Maxime Pedneaud-Jobin, who attended the Big City Mayors' Caucus in Ottawa on Wednesday, said it could pave the way to a better STO Rapibus.

"It must work," he said.

The service saw six accidents in the first month and has received many complaints about long waits. LUCY SCHOLEY/METRO

Mayor Jim Watson addresses reporters at the Big City Mayors' Caucus in the capital on Wednesday. Also pictured are caucus chair Gregor Robertson, left, and Federation of Canadian Municipalities President Claude Dauphin. LUCY SCHOLEY/METRO

Social housing, transit in 'dire' state: Mayors

Big City Mayors' Caucus. Business gets done despite presence of one infamous guest

LUCY SCHOLEY
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Toronto Mayor Rob Ford's special press conference — and general presence — was no distraction from the meeting of Canada's mayoral minds in Ottawa on Wednesday, according to the caucus chair.

Gregor Robertson, Vancouver mayor and chair of the Big City Mayors' Caucus (BCMC), said the meeting still focused on the big issues, which were social housing and transportation.

"The pressure on the housing front is very, very dire, and losing the dollars out of affordable housing is the top concern for our mayors right now," he said. "I would say transit comes in a close second and the need to deal with traffic gridlock, which is crippling cities across Canada."

The last federal budget was a "big disappointment" when it came down to housing and transportation funds, he said. However, he noted the mayors are not asking for more money for social housing but for the feds to protect the $1.7 billion currently set aside for it. One-third of municipal roads need "significant" repairs, he said.

Representing

65%

The BCMC represents 22 of the country's largest municipalities, which is 65 per cent of the country's population.

The mayors should have been consulted before Canada Post pledged to cut door-to-door delivery for five million addresses, he also noted.

While funding for wastewater system upgrades was not the top priority at this mayoral meeting, Mayor Jim Watson said the $195-million Ottawa River Action Plan to clean up the raw sewage-ridden waterway is still the city's top priority. Ottawa is working on an application to tap into the new $14-billion Building Canada Fund for infrastructure funding.

The mayors may have had a clear message, but Ford was the clear media focus.

He made himself especially available for questions before the meeting.

"Mr. Ford was entitled to have his own press conference, and we helped facilitate it," Watson said.

Suburbia. Ottawa green-lights wider driveways

Ottawa city council approved bylaw changes Wednesday to allow wider driveways in suburbs outside the greenbelt to accommodate multi-car families, ease on-street congestion and clarify rules to head off conflicts.

The new rules allow driveways half as wide as the frontage of the property, but require the entrance onto the street to remain the same size. The changes passed in a 14-7 vote, after being deferred at the last council meeting, and some suburban councillors wondered why they were controversial at all.

"I'm actually surprised that so much thought and effort and angst has had to go into this. This really is a uniquely suburban issue," said Barrhaven Coun. Jan Harder. "We're not changing, we're just defining."

Harder noted that citywide bylaw changes in 2008 prevent people in suburbs like Nepean and Orleans from doing the same things their neighbours did before amalgamation.

"This is about allowing people to enjoy their own properties in a liveable fashion to the best they can," she said.

Innes Coun. Rainer Bloess, who voted against the motion, worried about the effect more paved surfaces could have on water drainage.

"We're having some issues with storm water runoff as it is and the more hard surfaces or impervious surfaces that we're building, the greater the runoff probably is," he said.

Rideau-Vanier's Mathieu Fleury also opposed the changes on a number of grounds: "It's drainage, it's soft landscaping, it's the ability for a tree and the tree canopy to grow, but it's also the visual impact," he said.

STEVE COLLINS/FOR METRO

Safety. Ottawa buses forced to stop could have 'negative impact'

Ottawa city councillor for Orleans Bob Monette asked city staff Wednesday to examine the cost and effect on schedules of requiring buses to stop at all level train crossings.

"If it's referred back to the transit committee, that's fine with me, but I'd like to have a full, detailed analysis as to why we're not stopping," he said.

But transit commission chair Diane Deans said the issue's already being studied.

"We do not have any evidence currently that suggests that it would be safer for our buses to stop at level crossings.

Coun. Bob Monette METRO

In fact there may be a net negative impact,"' she said.

STEVE COLLINS/FOR METRO

Ontario to test international medical graduates

Mandatory exam. But Ottawa student says it discriminates

LUCY SCHOLEY
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When Omar Abdulrahman finishes his medical degree in Poland, he hopes to return to Ottawa to be a doctor.

But he said those dreams could become more distant when Ontario introduces a mandatory exam for international medical-school graduates wanting to land residency spots in the province.

The National Assessment Collaboration (NAC) is a standardized test that gauges whether international medical school graduates are eligible for a residency in Canada. It's offered countrywide, but will become mandatory for residency programs in Ontario's six medical schools starting this fall.

Some say the test puts all international medical graduates on the same residency playing field. But others disagree.

"It really exasperates the process for us in applying for residencies," said Abdulrahman, a first-year medical student at Pomeranian Medical University and president of the Canadian Medical Students in Poland Association (CMSPA). "We don't have as many spots as Canadian medical graduates do, so introducing this additional exam just makes things worse for us."

According to the Canadian Resident Matching Service, a not-for-profit organization that matches students with postgraduate medical training, there are about 3,500 Canadian students studying medicine abroad. More than 90 per cent of those students hope to return home to practice.

But it's not that easy. In 2011, there were only 200 designated residency spots for international graduates in Ontario.

Abdulrahman said the extra testing discriminates against students like him and creates another hoop to jump through.

But Dr. Ian Bowmer, the executive director of the Medical Council of Canada, which administers the NAC, said the exam actually "removes some of that potential prejudice."

Competitive

200

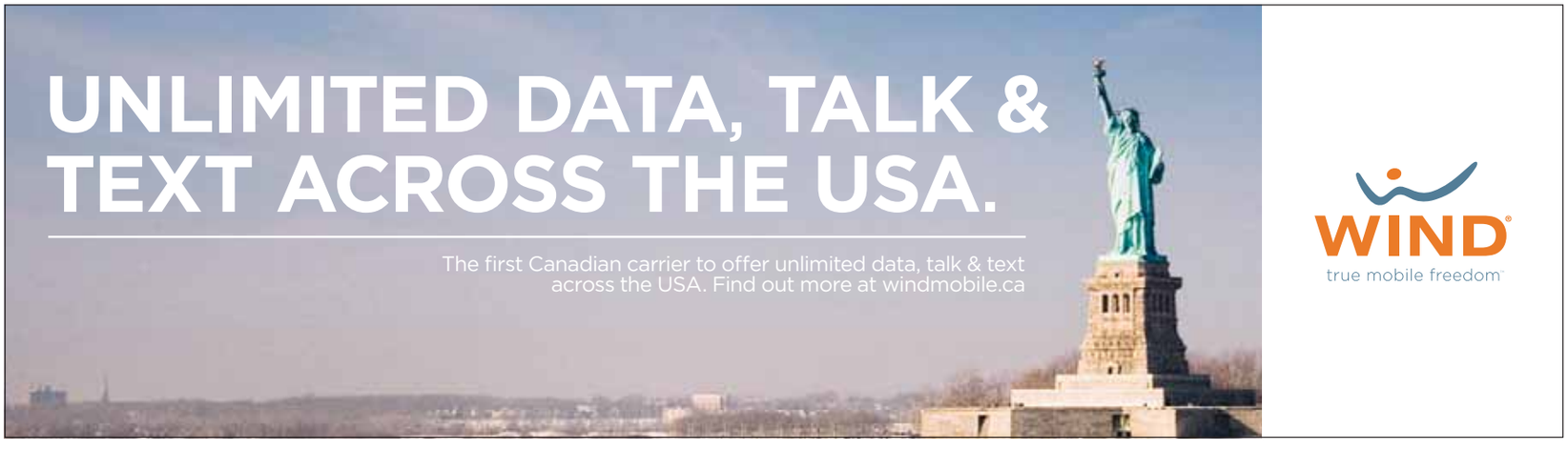
The number of designated residency spots for international graduates in Ontario in 2011.

Omar Abdulrahman, a first-year medical student in Poland, said he wants to return home to Ottawa to be a doctor, but a new mandatory test for international medical graduates will make his dream more difficult.

CONTRIBUTED

"The schools around the world, we don't know what their curriculum are, what they teach and so on," he said. "The people who look at these students have no way of determining who is good and who is bad. They use Canadian examinations to assess the students before they apply."

Abdulrahman said he's working on bringing more exposure to the issue.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Ending the storage wars. Ottawa company attempts to civilize industry's reputation with new endeavour

STEVE COLLINS
ottawa@metronews.ca

Mike Marks, Dymon's director of sales and marketing, gives a tour of the new DymonDoc facilities. STEVE COLLINS/METRO

Dymon Storage has already done their best to change the dingy Storage Wars image of their industry with their huge, clean, well-lit indoor facilities. On Wednesday, they introduced their latest offering, a secure document storage service for businesses.

Mike Marks, Dymon's director of sales and marketing, showed off the new facilities, taking guests down the bright hallways of storage units.

"These are seven-pin bezel locks," he said, pointing to one. "You can't pick these, so if we have customers that lose their keys, we drill them out, and it's a process. So we make sure there's backup keys. We even provide a safety deposit box upstairs with biometrics so that if you happen to lose one of your main keys, there's a backup there as well."

Security, he added, is bolstered with HD cameras everywhere, and inside the storage lockers, the shelves are labelled with QR codes to allow quick document searches with your smartphone.

"It's one thing to have them all nice and neat on a shelf," said Matt Emonts, head of the DymonDoc division. "It's another thing to come in here and go, 'great, where's my file?'"

Once you've found your documents, a fully-equipped business centre is standing by so you can work on them — fax, scan or email.

What's next for Dymon?

"There are seven facilities here in Ottawa," Marks said. "We're building another 12 here, and we're building 70 in Toronto in the next three years. So we've got our work cut out for us."

Growing business

"We're building another 12 here, and we're building 70 in Toronto in the next three years. So we've got our work cut out for us."

Mike Marks, Dymon's director of sales and marketing, on the company's expansion.

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Escapade drops DJ lineup

Zomboy has been announced as one of the main DJs at the Escapade Music Festival. CONTRIBUTED

The phase one lineup for the Escapade Music Festival has been announced and organizers of Ottawa's electronic dance music festival wasted no time in showing off their big guns.

London-based trance selector Ben Gold will headline one of the slots alongside the Australian sister duo of Mim and Liv Nervo of NERVO. Other DJs include renowned UK progressive house DJ Mark Knight, Dutch DJ and producer Chuckie, American house DJ Alvin Risk and British electronic artist Zomboy, among others.

Organizers have yet to announce who plays on what day for the June 28-29 festival at Wesley Clover Park, but more artist announcements and festival details should be announced soon.

Swedish electro house giants Dada Life will also headline the Escapade Does O'Canada party on July 1.

TREVOR GREENWAY/METRO

Dancers Give Back to sick kids

Over 150 youth dancers and professionals will perform at the Algonquin Commons Theatre Friday to raise money for children with cancer.

Ali Dietz founded the movement Dancers Give Back (DGB) in Buffalo in 2008 for her friend Jacquie Hirsch who had been diagnosed with cancer.

Although Hirsch did not survive, DGB continues to raise funds every year and the movement has spread to Ottawa. Jessica Shaw, organizer for the DGB in Ottawa, says that DGB "encourages kids to create social change through dance."

Tickets are $25 and the show will take place at the Algonquin Commons Theatre at 7:30 pm.

150 Dancers with Dancers Give Back are heading to Ottawa for a fundraising show Friday. CONTRIBUTED

Proceeds will go towards Candlelighters, a charity program for childhood cancer support. **TANYA KIRNISHNI/FOR METRO**

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Convict portrays life on the inside

Songs from the Slammer. Author's book is a collection of poems and artwork that looks at life from an inmate's perspective

TANYA KIRNISHNI
ottawa@metronews.ca

Self-published through Ankle Bone Books, Jeannette Tossounian's book Songs from the Slammer is a collection of poems and artwork that looks at life from an inmate's perspective.

Tossounian wrote the book while incarcerated at the Vanier Centre for Women in Milton.

"It brings you into the cell," she says about her poetry. Her drawings present ordinary objects from within jail. "I drew a picture of an apple and called it 'jail commodity,'" she says, in regards to trading goods on the inside of prison walls.

Within the next year Tossounian hopes to release a series of essays addressing the human rights issues and conditions inside the country's prisons. One of her essays, Easy Targets, talks about the difficulties of being on parole.

"The police are just waiting for people to screw up because they're already in the system," she says.

Upon release, Tossounian began work with the Criminalization and Punishment Education Project (CPEP), a collaborative effort between Carleton University and the University of Ottawa to improve standards for inmates.

"There are lots of people just waiting in jail and most people shouldn't even be in there," she adds. Tossounian argues that there should be more focus on rehabilitation.

"People come out worse and have no idea what to do with their lives," she says.

Tossounian's book is available online for $22 at cp-ep.org. She will also be speaking at the public forum Beyond the Walls: Community-based Punishments on March 5 at 7 p.m. at the University of Ottawa.

One of Jeannette Tossounian's sketches from her book, Songs from the Slammer. JEANNETTE TOSSOUNIAN

Quoted

"It brings you into the cell."

Jeannette Tossounian, on the content of her book Songs from the Slammer, which she wrote while incarcerated at Vanier Centre for Women in Milton.

Black History Month Gala to honour Nelson Mandela

The question at the heart of this year's Black History Month Gala is, "Will you accept the torch?"

The theme looks to the future and pays tribute to the late Nelson Mandela, according to Ms. Gwen Madiba, co-president of the Gala committee. Organized by the Student Federation at the University of Ottawa, the gala will take place Friday at 7 p.m. at the Huguette Labelle Ballroom.

The purpose of the event "is to bring people together, but also to remember," Madiba said. Twelve awards will be given out to elders and youth in recognition of greatness achieved in their respective fields. Among the recipients is Traci Melchor, reporter for CTV's ETalk and co-host of The Social.

Angie Sakla-Seymour and Lou Seymour will be celebrated for promoting diversity and equality through their model and talent agency. Social activist Eddie Ndopu and junior tennis player Françoise Abanda will be some of the younger people recognized at the Gala.

Zoleka Mandela was nominated to receive an award for her work in fighting for the rights of women in South Africa. Although she is unable to attend, the Mandela family will be represented by Mr. Zondwa Mandela and his wife Lindo Zici.

TANYA KIRNISHNI/FOR METRO

Correction

Incorrect information appeared in the Feb. 24 edition of Metro in the story, Ottawa Senators pumped $3 billion into city's economy: Study. The story referred to Senators' president Cyril Leeder as the owner of the team. Eugene Melnyk is the owner, while Leeder is the president of the team.

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Bieber exchanges swagger for stagger in latest video

In this Jan. 23 video frame grab released by the Miami Beach Police Department, singer Justin Bieber is shown walking unsteadily during a sobriety test at a police station in Miami Beach, Fla. The Miami-Dade county prosecutors released about 10 hours of video Wednesday. MIAMI BEACH POLICE DEPT./THE ASSOCIATED PRESS

Omar Khadr a minimal threat, says ombudsman

Classification. Prison authorities urged to take into account evidence that Canadian former Guantanamo detainee has no more terrorist ties

Canadian correctional authorities have unfairly classified former Guantanamo detainee Omar Khadr even though they lowered his risk rating from maximum to medium security, the federal prisons ombudsman complains.

In a letter obtained by The Canadian Press, the Office of the Correctional Investigator urges prison authorities to take into account evidence that Khadr poses minimal threat and should be classified as such.

"(Correctional Service of Canada) officials also note that there is no evidence Mr. Khadr has maintained an association with any terrorist organization," the letter to CSC's senior deputy commissioner states.

The letter this month by Ivan Zinger, executive director of the independent Office of the Correctional Investigator, is the office's third such complaint since Khadr returned to Canada in 2012 to serve out the rest of an eight-year sentence for war crimes.

Corrections recently reclassified Khadr, 27, and transferred him from the maximum-security Edmonton Institution to the medium-security Bowden Institution in Innisfail, Alta.

But the ombudsman argues that doesn't go far enough, given that Khadr pleaded guilty in October 2010 to crimes he committed in Afghanistan as a 15-year-old. THE CANADIAN PRESS

Controversial anti-gay bill vetoed

Arizona Gov. Jan Brewer has vetoed a bill that set off a national debate over gay rights, religion and discrimination.

She announced the veto Wednesday after holding private meetings with opponents and proponents.

The bill backed by Republicans in the state Legislature was designed to give added protection from lawsuits to people who assert their religious beliefs in refusing service to gays.

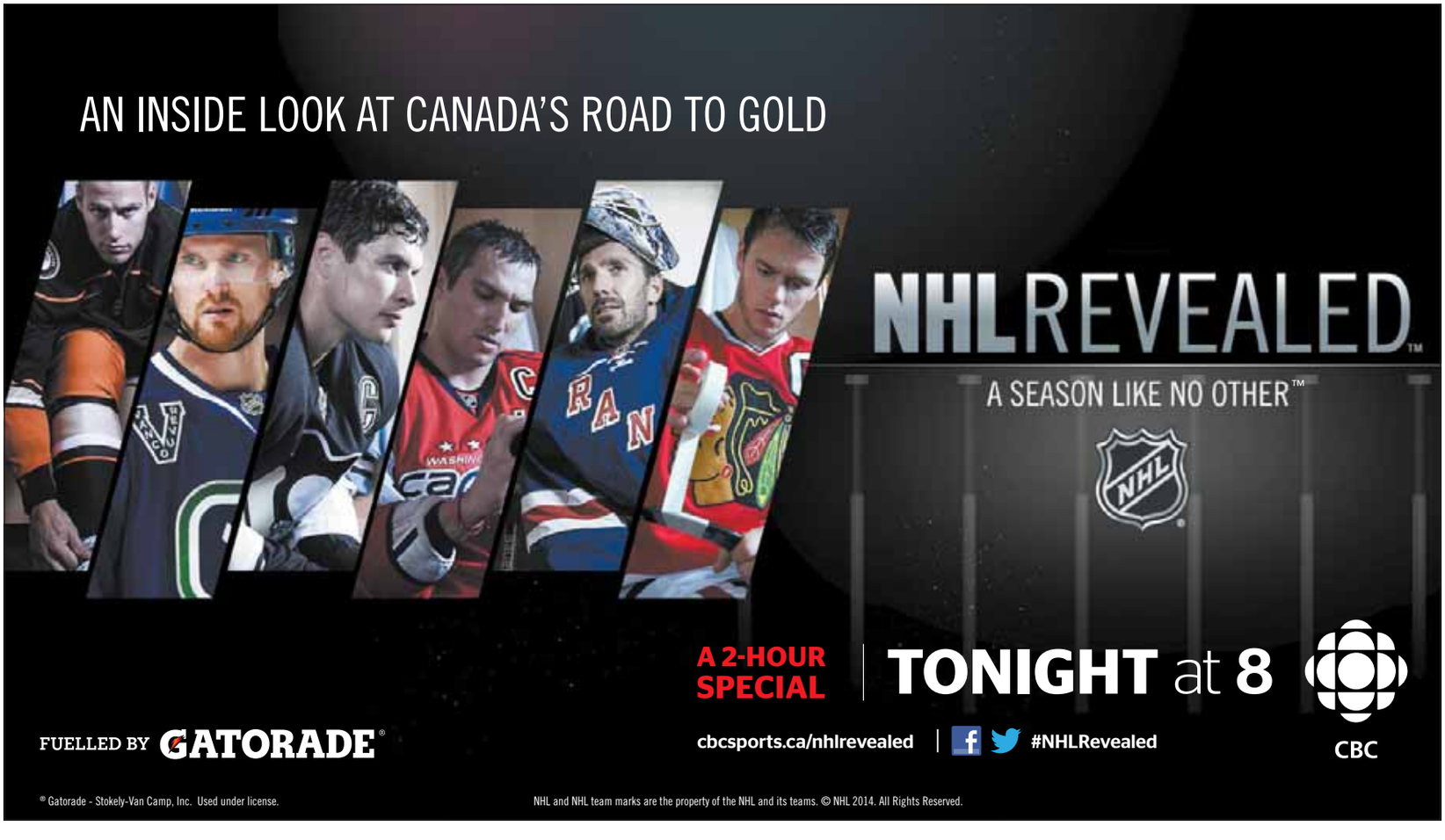
Opponents called it an open attack on gays that invited discrimination.

The bill thrust Arizona into the national spotlight last week after both chambers of the Legislature approved it.

The state faced blistering criticism from major corporations and political leaders from both major parties.

The bill allowed any business, church or person to cite the law as a defence in any action brought by the government or individual claiming discrimination. Supporters call the bill a slight tweak to the state's existing religious freedom law. Arizona does not extend civil-rights protections to people based on sexual orientation.

THE ASSOCIATED PRESS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Man gets life for killing soldier

An al-Qaida-inspired extremist was sentenced to life without parole Wednesday for hacking a British soldier to death on a London street. Images of Michael Adebolajo, 29, holding a butcher knife and cleaver with bloodied hands in the moments after the May 22 killing of Lee Rigby sparked fears of Islamist terrorism in Britain. The self-described "soldier of Allah" was sentenced at Central Criminal Court along with his accomplice, 22-year-old Michael Adebowale, who received a minimum 45-year sentence. The day ended in drama when both men were pinned to the ground and led out of the courtroom after scuffling with guards and shouting "Allah Akbar" — "God is great" — at the judge moments before their sentences were read out.

THE ASSOCIATED PRESS

Michael Adebolajo
THE ASSOCIATED PRESS

Michael Adebowale
THE ASSOCIATED PRESS

Protest leaders pick lawmaker as new PM

Coffers to fill. The new leader will be walking into a country rife with financial problems

Leaders of Ukraine's protest movement on Wednesday proposed a top legislator as the country's next prime minister, while Russian President Vladimir Putin ordered major military exercises just across the border in a show of force and apparent displeasure over the country's new direction.

The new government, which is expected to be formally approved by parliament Thursday, will face the hugely complicated task of restoring stability in a country that is deeply divided politically and on the verge of financial collapse. The country's pro-Russian president, Viktor Yanukovych, fled the capital over the weekend.

At Kyiv's Independence Square, the heart of the protest movement against Yanukovych, the interim leaders who seized control after he fled proposed Arseniy Yatsenyuk as the country's new prime minister.

Yatsenyuk, 39, is a millionaire former banker who served as economy minister, foreign minister and parliamentary speaker before Yanukovych took office in 2010. Widely viewed as a technocratic reformer, he appears to enjoy the support of the U.S.

One of the first jobs for Yatsenyuk and other members of his new Cabinet will be seeking outside financial help from the European Union and the International Monetary Fund. Economists say Ukraine is close to financial collapse, with its currency under pressure and its treasury almost empty. THE ASSOCIATED PRESS

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Palestinians pray over Sami Bsharat's returned body

Palestinians pray during a funeral for Sami Bsharat, a Palestinian militant who was killed in operation by the Israeli army in 2003, in Tamoun village near Jenin city in the West Bank on Wednesday. Recently Israel has been returning the bodies of dead Palestinian militants to their families for burial. NASSER ISHTAYEH/THE ASSOCIATED PRESS

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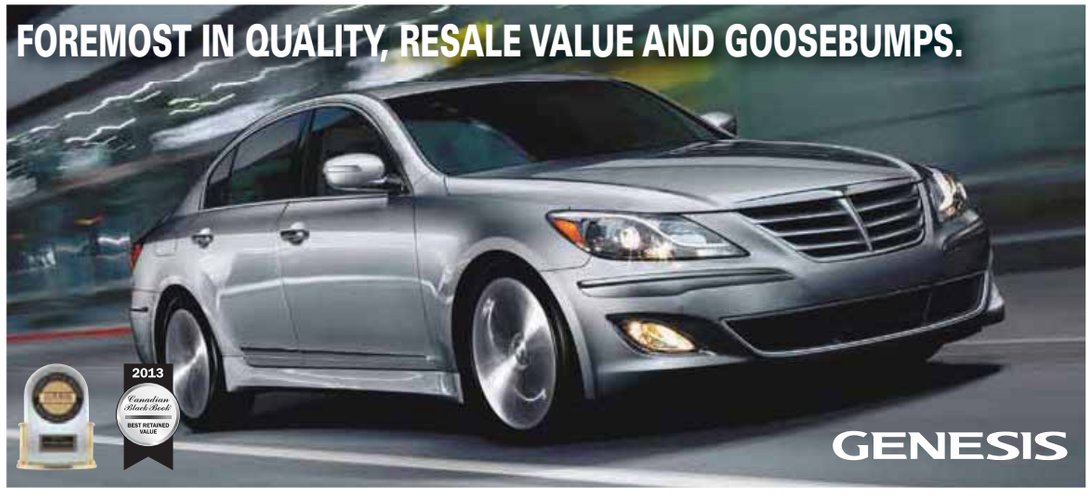

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Are you afraid of the dark oilsands?

Keystone. U.S. senators trot out scary tales from Alberta in bid to get Obama to reject contentious pipeline

Horror stories about the Alberta oilsands' impact on human health are being shared in Washington, D.C.

A pair of anti-Keystone XL senators invited witnesses Wednesday to provide anecdotes about the effect on people near sites where the oil is extracted, transported and refined.

They hope these human-interest stories might influence the Obama administration as it prepares its final decision on the Keystone XL pipeline.

One of the speakers at the event was John O'Connor, an Alberta doctor.

He first went public in 2006 with concerns about what he considered to be elevated cancer rates around Fort Chipewyan, Alta.

Many of the 1,200 residents believe their proximity to oilsands development and major forestry mills in Fort McMurray have led to contamination of water and wildlife and a higher rate of cancer and other illnesses.

The event organizer said she would send a letter to her longtime colleague in the Senate Democratic caucus, current Secretary of State John Kerry, asking him to consider human health as he prepares a recommendation to U.S. President Barack Obama.

"I have shown you, or at least I have told you, how health miseries follow the tar sands," said Barbara Boxer, the chair of the Senate environment committee, at a news conference.

Boxer said the health aspect has been overlooked in the discussion and was disappointingly absent in the State Department's recent environmental report, which predicted no significant effect on carbon pollution whether or not the pipeline is built.

It's far from certain her appeals will sway the issue at this point. The president has apparently told state governors, at a closed-door meeting this week, that he plans to make a final decision on Keystone within a couple of months.

When asked what leverage she had at her disposal to influence the administration, Boxer replied that her leverage was "the truth."

THE CANADIAN PRESS

Anecdotal evidence

"Health miseries follow tarsands from extraction, to transport, to refining, to waste disposal."

Barbara Boxer, chair of the Senate environment committee

Heads bowed, hands out: Ukraine seeks bailout

A woman walks past a local bank set on fire in Kyiv's Independence Square, the epicentre of the country's current unrest, in Ukraine Tuesday. Ukraine needs money, and fast — in weeks, not months. But bailing out the country of 46 million people will not be as easy as simply writing a big cheque. For one, Ukraine has already burned the main international financial rescuer, the International Monetary Fund, by failing to keep to the terms of earlier bailouts from 2008 and 2010. Now it needs help again, and its economic and financial problems are worse than before. THE ASSOCIATED PRESS

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A penny forgotten is a penny earned

When it comes to balancing the country's books, it's the equivalent of finding loose change under a couch cushion.

But each penny surely counts for a Conservative government desperate to press every bit of cash into paying down the deficit.

Federal coffers got a $7-million top-up over the last eight years, all without a single tax being raised or any spending being cut.

So what's behind this modest windfall? Long-forgotten bank accounts.

If a bank balance goes untouched for 10 years and no one can find the account owner, the money is transferred to the Bank of Canada.

The central bank holds on to amounts of less than $1,000 for another 30 years, while it keeps amounts above $1,000 for 100 years.

If no one steps forward to claim the money after all that time, the money is transferred to the receiver general and goes into the consolidated revenue fund. The government can use that money as it sees fit.

Spreadsheet data from the Bank of Canada, released to The Canadian Press under the Access to Information Act, offers a glimpse at the sources of this unlikely manna.

THE CANADIAN PRESS

Penny pinching: Feds get boost from forgotten bank accounts.
THE CANADIAN PRESS

Expected more?

Target Canada loses almost $1B since March open

Canada's lukewarm reception last year to Target's first expansion outside the U.S. contributed to a nearly $1 billion loss for the discount retailer. Target Corp. reported Wednesday its Canadian segment had a $329 million US loss before interest and tax items in the fourth quarter ended Feb. 1. THE CANADIAN PRESS

Big movement

Home sweet (tiny) home

While tiny houses have been attractive for those wanting to downsize or simplify their lives for financial or environmental reasons, there's another population benefiting from the small-dwelling movement: the homeless.

There's a growing effort in the U.S. from advocates to build compact buildings because they are cheaper.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.86¢ (-0.34¢)

TSX 14,188.58 (-0.40)

OIL $102.59 US (+$0.76)

GOLD $1,328 US (-$14.70)

Natural gas: $4.53 US (-$0.13)
Dow Jones: 16,198.41 (+18.75)

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HOW TO SCORE A DATE

HE SAYS

John Mazerolle
metronews.ca

There was a time when online dating was an embarrassing ordeal, but now it's so commonplace that you'd be an idiot not to have an online profile.

Sure, you might have a loving spouse and a beautiful child, but you haven't truly lived until you've experienced the thrill of a suitor who eyes your 1,500-word profile, feels a moment of inspiration and writes, "Hey."

I spent so many years on dating sites that it might be the Stockholm Syndrome talking, but I really came to enjoy the myriad of ways people misspelled even the simplest English words. "Beautyfull girl with nothing too loose lokking for someone spatial!"

With enough hours online to merit a Malcolm Gladwell reference, a friend of mine recently asked me to offer advice about her profile. I was honoured. In reply, I've written this can't-miss list of online dating tips that will have her — and your — inbox filled with so many yo's and sup's that the NSA won't have the resources to keep up.

Love Bytes: A Guide To 'Electronic Dating'

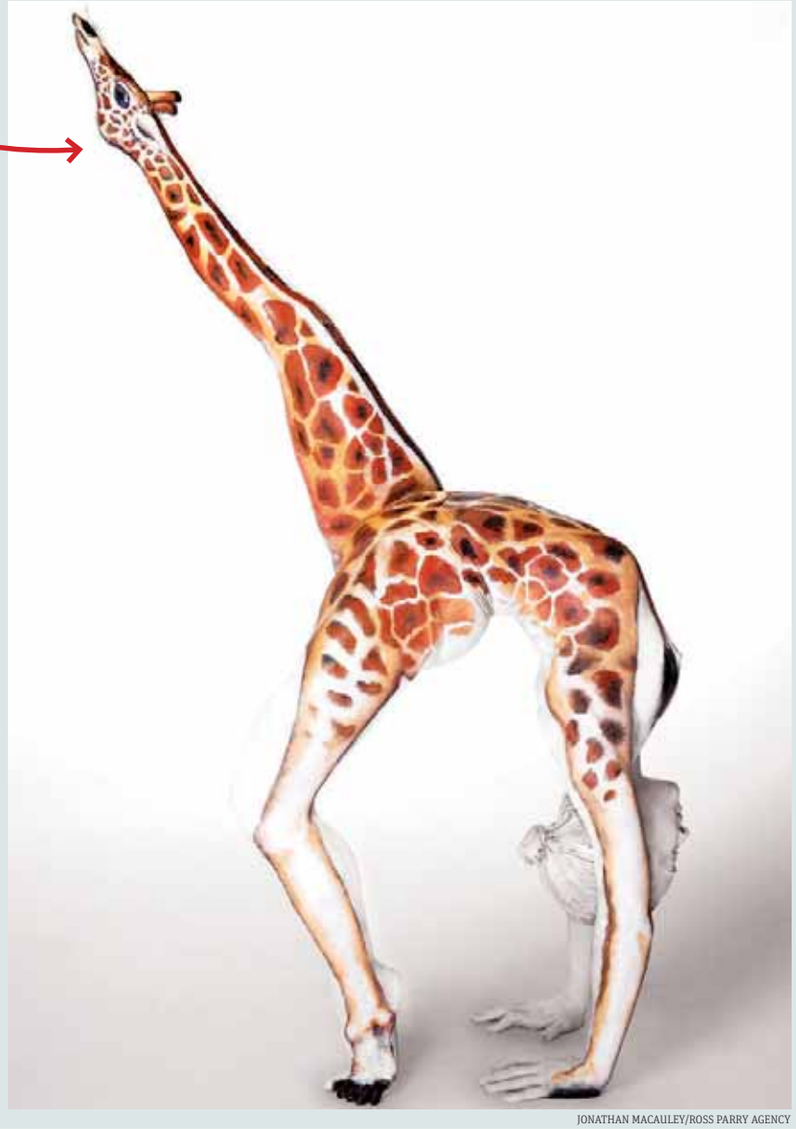
- Your profile name, or handle, should include your full name and address to speed things along.
- Next comes the tagline. Reel in potential suitors with so-called "clickbait" headlines, like "You Won't Believe What Happened To The Last Guy I Dated."
- Never lie, unless you're older or heavier than you want to say you are, in which case go to town.
- Ask a compelling question to prompt more meaningful messages. "If God loves us why must people suffer?" and "Are gravitons fundamental in string theory?" are both great conversation starters.
- Be specific. Wrong: I'm quirky and fun. Right: I am the mayor of Toronto.
- Be sure to list all the things you DON'T want, especially freaks, flakes and game-players, in angry detail. Ranting about previous partners with absolutely no prompting lets people know you mean business. It's no different than when you apply for a new job and your cover letter says, "I'm a good worker, so you'd better not be a lame company or I walk."
- Be sure to pepper the profile with LOLs. Besides their inherent aura of intelligence and charm, the mental image of you laughing at each sentence you write as you sit alone with your laptop is irresistible.
- Taking a selfie in your bathroom mirror shows off your body and your bathroom, which is an efficient way to convey two important pieces of information.
- Big group shots with friends are great, because it shows there is a Plan B, C and D.

And that's my advice. I hope you found it helpful. One last word if you're an older person who is still afraid of technology: Learn to embrace computers and smartphones for your dating needs. Otherwise, you'll be dating yourself.

ZOOM

Artist bends body into an animal

At first glance it looks like a giraffe, but a closer inspection reveals the body of a gymnast contorting herself into the shape of the exotic animal. Beth Sykes, 20, from Featherstone, Yorkshire, in north England, says it was a "spur of the moment" decision to transform her body into that of the long-necked creature. **METRO**



JONATHAN MACAULEY/ROSS PARRY AGENCY

The gymnast

"We just thought one day that it would be cool to paint me as a giraffe. Then finally we had some time and decided to do it. It took six hours of painting but it was worth it."

Contortionist Beth Sykes
Sykes teamed up with her friend and body art painter Emma Fay to produce her giraffe-like look.

All paint, apart from the ears

Fay the artist painted the head of the giraffe on one of Sykes' feet, and hooves on the other foot and one hand.

"The only bit that wasn't my body was the giraffe's ears — we made them out of a foam yoga mat," added Sykes.

METRO

Clickbait

DYLAN ROBERTSON
Metro Online

Worried about how loud sounds affect your health? Perhaps you're curious how noisy your neighbours really are. Your smartphone can be used as a decibel meter thanks to these free apps.

CONTRIBUTED

Decibel 10th:
This app includes a graph similar to a heart-rate monitor. It also tells you what your current sound environment is comparable to, like a hushed conversation or a plane taking off. A similar Android app is Sound Meter.

Decibels:
A camera comes with this app, allowing you to capture a photo along with the volume level at the time.

Decibel Ultra:
The two meters in this app measure both ambient sound and incoming noises. A number of sophisticated features allow you to calibrate the app's precision.

Twitter

@metropicks asked: Zuckerberg wants to give the whole world free Internet access hoping they will invest. Is it a good idea?

@auditorydamage: I'm sure this totally won't end up concentrating even more power in FB, which totally won't be abused at all.

@Canucklehead_ca: Good idea? No. GREATEST IDEA! If you're unable to look at cat pictures & argue with strangers, well ... that ain't living.

@ctmwyn: reducing the technology barrier can't be bad, unless users are forced to sell their personal information before given access.

@cableknitdragon: No because the last thing the internet needs is more facebook.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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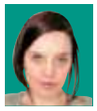
SCENE2

Subreddit's subculture

Get the local scoop. Social news and entertainment website offers readers' opinions and advice on everything to do with Canada's capital



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Ottawa subreddit subscribers gather for their annual meet-up. CONTRIBUTED/PICABRIX

If you're searching for info on all things Ottawa, look no further than the Ottawa subreddit, which boasts thousands of users who are passionate about everything to do with Canada's capital.

For anyone who isn't familiar, Reddit is a social news and entertainment website that provides user-submitted content grouped into different areas of interest called subreddits. Users then vote the content up or down, causing some posts to go viral.

The Ottawa subreddit was created by user mikemcg five years ago. Today, there are more than 10,000 readers subscribed to the page, which is moderated by both its creator and another user, Picabrix, who organizes local meet-ups.

Topics range from finding a family doctor to buying sausage casing, underage car rental and parking at the Ottawa Airport.

As moderator, Mike, whose last name is being withheld to protect his privacy, is responsible for making sure things don't get out of hand.

"My job as moderator is to label things as spam, approve posts that aren't actually spam and occasionally tell people to stop being jerks," he says, adding that he believes Reddit's comment grading system and the Ottawa Reddit community do most of the work for him by down-voting nasty remarks.

"If an account receives enough down-votes, their ability to comment will be hampered and eventually they'll become shadow-banned, which means they can perform actions like voting and commenting but it won't actually do anything," Mike explains.

As for the topic that users are most passionate about? That's an easy one, he says.

"OC Transpo. Easily. I have my own feelings about them but people on the Ottawa subreddit get pretty passionate about the shortcomings of our transit system," says Mike.

"I have the utmost respect for our bus drivers and train operators but we aren't G8-capital-grade in terms of our public transportation."

As the Ottawa subreddit moderator, Mike feels he hasn't necessarily learned anything new about Ottawa as a whole over the past five years, but through the site's users he has gained knowledge about a few different things.

"From this group, I've learned what a NIMBY is — that's Not In My Backyard — a term to refer to people opposed to development near them. I've learned that condos go up and there's a vocal group out there who are sick of that," he says.

"I've also learned that people love this town despite its reputation as a boring government town."

A growing community

10,000

The number of subscribers to the Ottawa subreddit page

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metro

Is Annie Clark afraid of the dark?

Annie Clark spends a lot of time acting against herself in the aptly named film Solo. CONTRIBUTED

Solo. Toronto actress takes her first leading role in a freaky twist on the summer camp horror genre

ADAM NAYMAN
scene@metronews.ca

"I'm a city girl," says Annie Clark, and she plays one in Solo, a low-budget but high-efficiency Canadian horror movie about a young woman stranded on an island somewhere in the wilds of Ontario.

Clark's character, a troubled teenager named Gillian, is reluctantly taking part in an initiation exercise where new camp counselors have to spend two nights roughing it in the wilderness; as the film goes on, it becomes increasingly clear that she's far from alone. "I was actually going to become a camp counselor," says the 21-year-old Toronto native.

"But when I got to the point where I really had to do a solo, I was terrified. I quit camp before I had to do it, but (with this movie) I had to sort of do it anyway."

As its title suggests, Solo is a pretty focused showcase for its leading lady, who spends a lot of her screen time acting in a vacuum. To say more about the other characters would be a spoiler, but there aren't very many of them.

"When I first started reading it, I thought Gillian was going to die in the first few minutes," laughs Clark, who is branching into feature film work after a stint on Degrassi: The Next Generation.

"I didn't know what kind of horror movie it was going be. I'd read plenty of head-cheerleader parts with shower murder scenes, and I don't really like that."

Clark is still a relative newcomer, but she's already familiar enough with the business to know that it's important for a young actress to make discerning choices when it comes to roles.

"I want to do things I feel strongly about rather than just taking what I can get." She says that she's tried to keep from getting pigeonholed after Degrassi, but also that the show was a great initiation into the industry.

Quoted

"I did my own stunts. I had bruises all over the place, but I was proud of them."
Annie Clark

"It opened up a lot doors for me. It was like four years of non-stop learning. I feel like I could have gotten a degree from that: a degree in Degrassi."

Solo is a small movie, but with its stripped-down premise and skillfully engineered scares, it's the sort of indie that's bound to travel: Clark says a friend in Costa Rica sent her a photo of a bootlegged DVD.

And despite her earlier aversion to intense camping experiences, she says that shooting the movie in Muskoka was a down-and-dirty blast.

"I did my own stunts," she reports of the shoot, which also required the crew to improvise bathing routines in the absence of showers on the off-the-grid campsite. "I had bruises all over the place, but I was proud of them."

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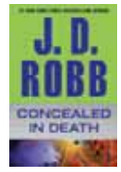
Weeks on List: 4



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In a long-empty New York building, Lieutenant Eve Dallas's husband swings a sledgehammer into a wall. When the dust clears, there are two skeletons wrapped in plastic behind it. The incomparable J. D. Robb returns with the latest thriller in the #1 New York Times bestselling Eve Dallas series.
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This Week		Weeks on List
3.	THE INVENTION OF WINGS Sue Monk Kidd	8
4.	DEADLINE Sandra Brown	5
5.	THE DEMONOLOGIST Andrew Pyper	7
6.	LIFE AFTER LIFE Kate Atkinson	8
7.	MY JOURNEY Olivia Chow	6
8.	PRIVATE L.A. James Patterson	3
9.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	7
10.	THE TRIPLE PACKAGE Amy Chua	4
★ 11.	THE MUSEUM OF EXTRAORDINARY THINGS Alice Hoffman	1
12.	THE AWESOME GUIDE TO LIFE Jason Ellis	2
13.	CONFESSIONS OF A WILD CHILD Jackie Collins	4
14.	ALL JOY AND NO FUN Jennifer Senior	5
15.	THE MOMSHIFT Reva Seth	3
16.	THE POUND A DAY DIET Rocco Dispirito	8
17.	THE START HERE DIET Tosca Reno	8
★ 18.	THE FUTURE OF THE MIND Michio Kaku	1
★ 19.	THE CHASE Janet Evanovich	1
★ 20.	THE UNDEAD POOL Kim Harrison	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending March 3rd
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5 Big Brother house guests

If you thought contestants on the first season of Big Brother Canada brought the drama, get ready for drama on crack in Season 2. We asked five of them to reveal what Canadians can expect when the show premieres March 5 at 9 p.m. ET on Slice.

MAE BOWRING
for Metro Canada

Neda Kalantar, 22, Vancouver

Which past contestants are you most like?
Peter (Brown) in the way he played the game. It didn't work out for him in the end because he made a few mistakes, but I like the fact that he made a really strong alliance with Alec (Beall). I also like how Gary (Levy) had fun in the game. He didn't take anything too seriously.

Are you worried about what your parents may see and think?
I don't think so. I'm really close with my mom and she knows pretty much everything about me so I'm not too scared of that. She'll just shake her head at me. Hopefully I'm not going to do anything too embarrassing.

What will you do with the money if you win?
I would love to pay off my debts and my mom's debt. It would be awesome to have a down payment for a house.

What's your most unlikeable character trait?
My bluntness. I love that about myself but I know it's something that could get me in a lot of trouble. My filter is a little broken. I tend to over think every scenario.

Kyle Shore, 24, Porters Lake, Nova Scotia

How did you react when you found out you were selected?
For once in my life I was speechless. It's like if you're with a girl and her dad walks in and you just freeze like a deer in headlights. That was the feeling.

What's the one word you'd use to describe yourself.
Outgoing, because I love to party. I have to be social and in the scene. I'll try anything once.

What do you do back home?
Personal trainer. I'm waiting to get into either policing or the military. I can't be a desk jockey. I've got to keep moving.

You're outspoken. Are you worried about offending people?
I've done university speeches where I've had to watch my slang and s— like that.

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Rachelle Diamond, 20, Edmonton

What were you doing before the show?
I'm in my third year of psychology at the University of Alberta. I hope to get my PhD and become a marriage and family counsellor.

Use one word to describe yourself.
Loud. I tend to get loud when in a group because I'm trying to get my point across. I'm expressive and always say what's on my mind.

What character trait might get you into trouble on the show?
I'm not very good at listening to people. I interrupt people, but I don't mean to. That could be an issue because it's important for people to feel heard.

Which past contestants do you identify with the most?
I'm a mix between Jillian (MacLaughlin) and Talla (Rejaei). Jillian's calm and collected and Talla's crazy. I'm in the middle.

Arlie Shaban, 25, Stouffville, Ont.

Which past contestants are you most like?
Strategically, I would play like Emmett (Blois) did. His was pretty flawless. Personality-wise, I'll be like Aneal (Ramkissoon). I liked his mindset about the game. He didn't have enough clout in the house to actually do what he wanted to but he had a good understanding of what was going on.

What's your strategy?
All of the past players say you can't plan too far ahead. I'm going to go in there and be the guy that everyone likes. I'm going to be funny, tell some stories, cook some great meals and do the cleaning. I want people to want to keep me around.

I can tell you're confident about your chances
Strategically, I'll be running the show. I think I'll get everyone to do exactly what I want them to do in a way that they don't know that I'm the one in charge.

What happens if you win?
The experience, to me, is more life-changing than the money. I would just do the same thing I'm doing now with my life. I'd probably take my friends and family on a nice vacation. I'm not going to blow smoke about donating 50 per cent to charity. Sure I'll be a nice guy with the money but it will be with the people who are close to me.

Anick Gervais, 28, Sudbury, Ont.

What did you do before Big Brother Canada?
I'm a business development specialist. It's a fancy word for sales person for a mining company. I might not have a job when I go back. I'm pretty awesome at what I do, so I'm not too worried.

Any other hobbies?
I'm a Reiki master so I work with energies. I'm also studying reflexology, so I give a mean foot massage.

So you'll use that to your advantage?
If somebody's stressed out and HOH (head of household) then I'll be like, 'Hey I'll give you a session if you don't nominate me (for eviction)'.

I'll also use my bartering skills.

Are you worried about how you'll be portrayed on the show?
People always expect the unexpected with me so anything I do, people won't be surprised. Once I met a guy in a bar and less than a month later I lived in Scotland. I just pack up and go. I'm a bit of a gypsy.

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Mayim Bialik still boosting breastfeeding

Mayim Bialik may be done nursing her two sons, but she's still more than happy to defend the practice of breastfeeding in public. "I think anywhere you give a bottle, you breastfeed. I would try and be absolutely respectful and conscious of the community I was in, but I don't believe you need to cover up a baby eating anymore than you need to cover up a baby drinking a bottle," the Big Bang Theory star tells the Huffington Post.

Mayim Bialik

Katy Perry and John Mayer ALL PHOTOS GETTY IMAGES

They're in, then they're out

So much for the engagement rumours. Katy Perry and John Mayer have reportedly split up once again, according to Radar Online. The couple's second go at romance — after an earlier breakup — seemed to be going well, with each being very forthcoming in interviews about their feelings for each other. They even duetted on Mayer's "Who You Love," and Perry was spotted recently with a diamond on her finger than many thought signalled impending marriage. But it was reportedly Perry herself who initiated the split.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lawrence looks at year-long vacation

MELINDA TAUB
Metro World News in New York

Have we loved Jennifer Lawrence so hard that we broke her?

Despite — or because of — our affection, the world's most adored actress is planning to take a lengthy hiatus from acting, according to Harvey Weinstein. "She's going to have a long break for a year where she won't do anything. It's been non-stop for her and she deserves a rest," Weinstein, who produced Silver Linings Playbook, told the U.K.'s The Sun.

Why does Jennifer need a rest from being a movie star? Apparently, carrying two major movie franchises while also starring in a steady stream of Oscar bait (not to mention being relentlessly charming in interviews) can wear on a person. "Jennifer is too nice and will do people favours and agrees to do a movie like American Hustle when she could have had a rest," Weinstein said. "She signed on to do Hunger Games when she was young and wouldn't have realized how much it would dominate her life. But she's a professional and always will be."

Well, OK. I guess she can take a break, as long as she comes back — and assigns a substitute to make fun of Sarah Jessica Parker's hats in her stead.

Twitter

@ElizabethHurley
Just joined a gym for the first time in 20 years. About to have a fitness assessment. Gulp.

@SarahKSilverman
My morals aren't the same as your morals

@AlbertBrooks
I hope Netflix never opens a restaurant

Robin Thicke

Robin in Thicke trouble with his fans

Robin Thicke may be breaking up with his fans along with wife Paula Patton. The Blurred Lines singer cancelled yet another show on his U.S. tour earlier this week, the third consecutive show to be scrapped. "Due to unforeseen circumstances, Robin Thicke will postpone his performance at Harrah's Cherokee," the North Carolina casino announced on its website. "This concert will be rescheduled and the new date announced as soon as possible." Thicke also bowed out of shows last week in Atlanta and Orlando, citing vocal problems. "I never want to let down my fans, but I have unfortunately lost my voice and cannot perform," said Thicke, who announced on Monday that he and Patton are separating. If this keeps up, the Boston University students who started a petition to cancel Thicke's March 4 concert there — on complaints of his "misogynist music" — might not have anything to worry about.

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Kloss is now in session: We want those moves like Karlie

She walks the walk...
And talks runway season, that trademark stride and her inner hopeless romantic

RICHARD PECKETT
Metro World News

Karlie Kloss rapidly became a runway mainstay after being discovered in 2005 at age 13. HANDOUT

Karlie's career is on pointe

"Ballet was the best training I could have had for a modeling career."
Karlie Kloss

Karlie Kloss is one of those rarefied models that women obsess over and men lust after. Now her stock is so high rumour has it the American-born model can only be booked for shows through special arrangement.

You've got the most confident walk in the business. Do you find being on the runway empowering?

I do. I really enjoy being on the runway. It's a very different part of my job compared to photo shoots. It's a performance similar to the ballet performances that I remember from growing up, so I enjoy runway shows because of that.

How did ballet prepare you for the modeling industry?

Ballet was the best training I could have had for a modeling career. It teaches movement, gracefulness and how to express emotion. Telling a story through movement is very important in a modeling career.

Valentine's Day has recently come and gone. Did you buy into it or are you a cynic?

Well I do like Valentine's Day. I like any excuse to show some warmth and love. I think that goes for not just your boyfriend or girlfriend but it's also an excuse to write a love note to your friends, your mom, anyone.

Are you a romantic?

I am. I am a romantic. Yeah, it's also a good holiday for good chocolate.

What's the cheesiest chat-up line you've received?

Hmm, cheesiest chat-up line: "Did it hurt? Did it hurt, angel, when you fell from heaven?" It's an automatic game over.

You're photographed in lingerie a great deal — a look that men's magazines like to perpetuate as real-life. Is this the case?

No, I'm into sweatpants and my boyfriend's T-shirt. I like to be totally boring and watch [American] football, there's no fancy lingerie. But on a special occasion it's always fun to get dressed up and that's why there's some good stuff here at Victoria's Secret.

Good plug.

Canadian street style

Spotted in: Toronto

Name: Kara Lane

Age: 23

Occupation: Front woman of angsty pop band

What she's wearing
Doc Martens, camo pants from Value Village, Cowichan sweater stolen from my friend's boyfriend and a head chain from Emidesh.

Her inspiration
Xena, the warrior princess.

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Trends Report

Retro fashion and beauty is seeing a revival this spring, inspiring the latest looks on both fashion runways and red carpets. Go online to Trends Report to see how you can get the look that singer Taylor Swift has mastered.

• **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Taylor Swift images from Getty Images

Nursery, I got hue, babe

Crib notes. Looking for non-traditional colours for your newborn's room? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I am expecting a baby and don't ascribe to the traditional colours for decorating a baby's room. I also don't know the sex of my unborn. What are neutral-gendered, on-trend colours for painting and decorating? — Nathalie Hicks, Toronto

More parents are opting for non-traditional baby rooms and decorating the space to please themselves as they spend time with their newborn. Once a child develops a preference for styles and colours, usually by age three, it's a good time to re-decorate to suit their personalities. Happily, many retailers carry colourful nursery decor that falls outside traditional schemes.

Here are a few designer tips to get you started:

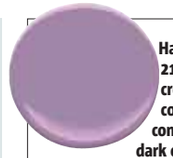
1. Match any wood tones of baby furniture to other wood tones you might already have throughout your home, such as dark espresso or bleached oak.

2. Consider using a grown-up area rug with fabulous colours and patterns instead of the predictable nursery story-printed rugs.

3. Never be afraid of using deep colours for a newborn's room. It's a space where you are training them to sleep, so the less stimulation the better.

Mix whimsy and colour for those early years. Canadian designed Duc Duc Crib offers a toddler bed conversion kit and a variety of fun words to apply. $1,634, modernkaribou.ca

A quirky orange kangaroo plush cushion becomes an instant best friend for baby. Its pocket makes a great spot for an extra soother. Machine washable. $10, simons.ca



Hazy Lilac 2116-40 paint creates a cozy room to complement dark or light wood tones and trendy shades of grey and orange. benjaminmoore.ca

Keep storage long and low so toys can be displayed at a comfy height, leaving room for shelves and hooks above. Bjursta Sideboard, $300, ikea.ca

A recycled rug is on trend and a perfect choice for a child's room. Ottoman Yama Patchwork 6x8, $475, ecarpetgallery.

Timber! Turn '70s wood panelling into walls you could totally fall for

The '70s may be alive and well in homes with wood panelled interior walls, but homeowners who want to update the once-trendy treatment may find the task daunting.

Kyla Bidgood, a Victoria-registered interior designer, says a coat of paint can modernize wood walls.

"Even crisp white camouflages wood panelling nicely, and adds a bit of texture to the space," says Bidgood.

"Layering things on top of it like art and wall pieces is another great way to minimize the impact of bad wood panelling," she says.

"I think the thing that became overwhelming in the old spaces was all the dramatic vertical wood grain and if you paint the wood panelling out then you lose that pattern but you keep the texture."

When wood panelling was at its most popular it seemed as if everyone's basement featured it, and Bidgood says, because of its overuse, homeowners associate it with a particular style from a previous era.

Rob Everitt, principal and owner of Winnipeg's Everitt Design Associates, says modern design trends favour cleaner and minimal looks.

"We just don't like the vertical lines," he says. "It is really distracting and it takes away from art on the wall and all kinds of things.

"People can't stand the darkness of the wood because it closes in the room, and then people start painting it and it takes on a beachy look, which can look quite nice. But you aren't going to get a sophisticated look when you paint wood panelling."

Like Bidgood, Everitt says paint is an effective way to tackle a dated panelled wall, and says there are ways to use the vertical lines of the panelling to create an interesting wall feature.

"If you want to have some fun with it you could paint some stripes with it," he says. "You could follow the lines and paint every second or third one, so it's not candy striped, doing something subtle."

DIY decorators can eliminate the grooves and reveals of the panelling by filling them or, alternatively, creating more pronounced lines.

"Homeowners could take what is called a baton, which is a small piece of wood, and cover over the reveals and the little seams and make it more exaggerated, which can become a special detail," says Everitt.

Bidgood says she is now using wood to add texture.

"It is coming back in a major but different way now and we're seeing it all over the place, from restaurants to tech offices and residences, but it's more of a reclaimed wood panelling, not the typical kind of wood panelling like we remember from grandma's basement," she says.

According to Bidgood, the wood being used in modern homes is often painted, which reduces the impact of the wood grain but maintains the texture of the wood or minimal grain.

THE CANADIAN PRESS

Going against the grain

Paint is an effective way to tackle a dated panelled wall, and there are ways to use the vertical lines of the panelling to create an interesting wall feature.

Reclaimed timber in varying depths and sizes is painted out in bright colours as a fireplace feature. SARAH MACNEIL, HANDOUT/THE CANADIAN PRESS

Hint of wood

Interior designer Kyla Bidgood has used wood in a variety of her recent projects. In one home she used a wood-grained wallpaper.

- "It's not using wood, but it is an ode to the old '70s wood panelling but done using wallpaper."

Erasing memories of granny's dungeon

"We're seeing it all over the place, from restaurants to tech offices and residences, but it's more of a reclaimed wood panelling, not the typical kind of wood panelling like we remember from grandma's basement."

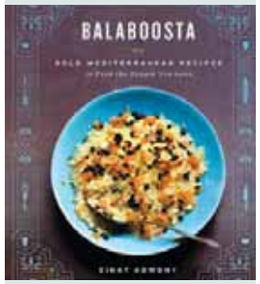
Interior designer Kyla Bidgood

Flawlessly flavoured from the inside out

This recipe serves four. BOOK IMAGES, QUENTIN BACON

Cookbook of the Week

A mixture of cultures and tastes



As a mother, wife and chef who runs three busy New York City restaurants, Einat Admony knows about being a New Age "balaboosta" (Yiddish for "perfect housewife"). It makes sense then that her cookbook shares the same name.

Balaboosta offers 140 recipes that blend Admony's mixed Israeli heritage (Yemenite, Persian) with the Mediterranean palate she developed working in New York City.

Among the dishes in the book are: Spicy Chicken Tagine, Fenugreek Fried Bread, Yemenite Oxtail Soup and more. **METRO**

"This is the classic Mediterranean preparation for fish, without all the fancy filleting, searing, steaming, or curing," writes Einat Admony in her book Balaboosta: Bold Mediterranean Recipes to Feed the People You Love.

"The key is to layer the ingredients inside the fish, instead of on top, so that the flavour permeates every last ounce of the meat."

1. Preheat the oven to 350 F.

2. Pat the skin dry on the branzino with a few paper towels. Stuff the cavity of each fish with one sprig each of thyme and rosemary, one garlic clove, and two slices of lemon. Place the fish on a baking sheet lined with parchment paper and drizzle with olive oil.

3. Roast in the oven until cooked all the way through, about 30 minutes.

4. Meanwhile, make the yogurt dill sauce: Combine the yogurt, garlic, lemon juice, and salt in a blender. Puree until smooth, then very slowly add the olive oil in a thin stream. Scrape the yogurt mixture into a bowl and stir in the chopped dill. The sauce can be made ahead of time and kept in an airtight container in the refrigerator until ready to use.

5. Serve each fish with the yogurt dill sauce.

RECIPES EXCERPTED FROM BALABOOSTA BY EINAT ADMONY (ARTISAN BOOKS). COPYRIGHT (C) 2013.

Ingredients

- Four 1 1/4-lb whole branzino, gutted and cleaned
- 4 fresh thyme sprigs
- 4 fresh rosemary sprigs
- 4 garlic cloves
- 1 lemon, sliced into 8 rounds
- Olive oil

Yogurt Dill Sauce

- 3/4 cup non-fat yogurt
- 1 garlic clove, coarsely chopped
- 2 tbsp fresh lemon juice
- 1/2 tsp kosher salt
- 1 tbsp olive oil
- 1 tbsp finely chopped fresh dill

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six to eight people.

Side. Tangy Tabbouleh

1. Pour enough hot water over the bulgur just to cover it and soak for 10 minutes. The bulgur will absorb most of the water, and it should have a slight crunch when you bite into one of the grains.

2. Meanwhile, toss together the remaining ingredients in a very large bowl. Add the bulgur and mix thoroughly. Allow the salad to soak in all the wonderful tangy flavours for 30 minutes before serving.

Ingredients

- 1 cup medium bulgur
- 1 cup each fresh parsley and cilantro, finely chopped
- 4 scallions, finely chopped
- 1/4 cup fresh mint, finely chopped
- 1 cup tomatoes, diced
- Grated zest of 2 lemons
- 1/4 cup fresh lemon juice
- 3 tbsp olive oil
- 2 tsp kosher salt
- Pinch of freshly ground black pepper

For your phone

Modernist Cuisine At Home: Lite Version (iPad, iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

It's avant-garde cooking through science. Modernist Cuisine is normally a pricey $70 book, but this free three-course meal sampler will explain its concepts with slow-cooked chicken and pressure-cooked quinoa salad. Did I mention it's free?

CONTRIBUTED PHOTOS

ENJOY CAREFREE CONDO LIVING AT JAVA

If you are renting an apartment but dreaming about owning your own place, Tartan Homes invites you to wake up and smell the java — JAVA Condominium Flats in Findlay Creek Village.

Starting at just less than $200,000, JAVA Condo Flats puts ownership of a stylish, maintenance-free condo built by an award-winning builder well within the reach for just about anyone.

Twelve units are housed in each low-rise, three-storey JAVA building. JAVA units are called condo flats because all have separate, private entrances from the outside and the interior space is all on one level.

There are nine different models from which to choose, including the Moccaccino (one bedroom with den, 868 square feet), Cappuccino (two bedrooms, 902 square feet), and Espresso (two bedrooms, 944 square feet).

Ground-floor terrace units include a private outdoor patio terrace with gas barbecue rough-in, while second-floor mezzanine units and third-floor loft units include a private balcony. Unlike downtown condos, all JAVA Condo Flats come with a personal parking space included in the purchase price.

"JAVA offers carefree condo living in a neighbourhood setting just off Bank Street South," says Ian Nicol, president of Tartan. "At Findlay Creek Village, JAVA owners will be able to walk to shopping and restaurants, and take a stroll along the new Findlay Creek Boardwalk through the Leitrim Wetland."

Inside, JAVA Condo Flats feature sleek, open-concept floor plans with nine-foot ceilings, cathedral ceilings in loft units. Oversized living rooms and dining areas make JAVA units ideal for entertaining, while kitchens provide functional and stylish support for the gourmet cook in anyone.

All units are equipped with six energy-efficient appliances and include ensuite laundry and central air conditioning. As Canada's Energy Star new home builder of the year for 2013, Tartan is the leader in energy-saving design, construction and features, which means lower energy costs for JAVA owners.

"As an incentive for those looking to get out of renting and into owning, we're offering a $5,000 bonus at our design centre on each JAVA unit sold," Nicol says. "That gives each owner the ability to add finishing touches and personal style to their place."

For more information and an online video tour, visit TartanHomes.com. Or call 613-247-0078.

NINE DIFFERENT MODELS AVAILABLE

- Priced from $199,900
- 868 to 944 square feet
- One and two bedrooms
- Nine different floor plans
- Private entrances
- Nine-foot ceilings
- Six appliances
- Private parking spot included
- Located at Findlay Creek Village
- Model open for viewing in Barrhaven

CAREFREE LIVING AT A WORRY-FREE PRICE

JAVA
CONDO FLATS
AT FINDLAY CREEK

STARTING AT JUST
$199900

JAVA Condominium Flats at Findlay Creek offer the perfect blend of urban sophistication and neighbourhood charm. These affordable, energy efficient and maintenance-free condo flats are uniquely designed with private entrances, outdoor balconies and terraces, 9-foot ceilings, and open concept designs ideal for modern living and entertaining. All come with six appliances, in-suite laundry, central air conditioning, and a personal parking space included in the price. Choose a Terrace, Mezzanine or Loft flat and use our limited time **$5000 Design Centre Bonus** to personalize your new space. Tour our beautifully decorated Café au Lait model home and see what carefree JAVA living is all about.

$5,000 DESIGN CENTRE BONUS
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VIEW OUR JAVA MODEL VIDEO ONLINE

VISIT OUR SALES CENTRE AT FINDLAY CREEK VILLAGE

600 WILLOWMERE WAY
Off Albion Road just north of Rideau Carleton Raceway

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SAT – SUN & HOLIDAYS **12 – 5pm**

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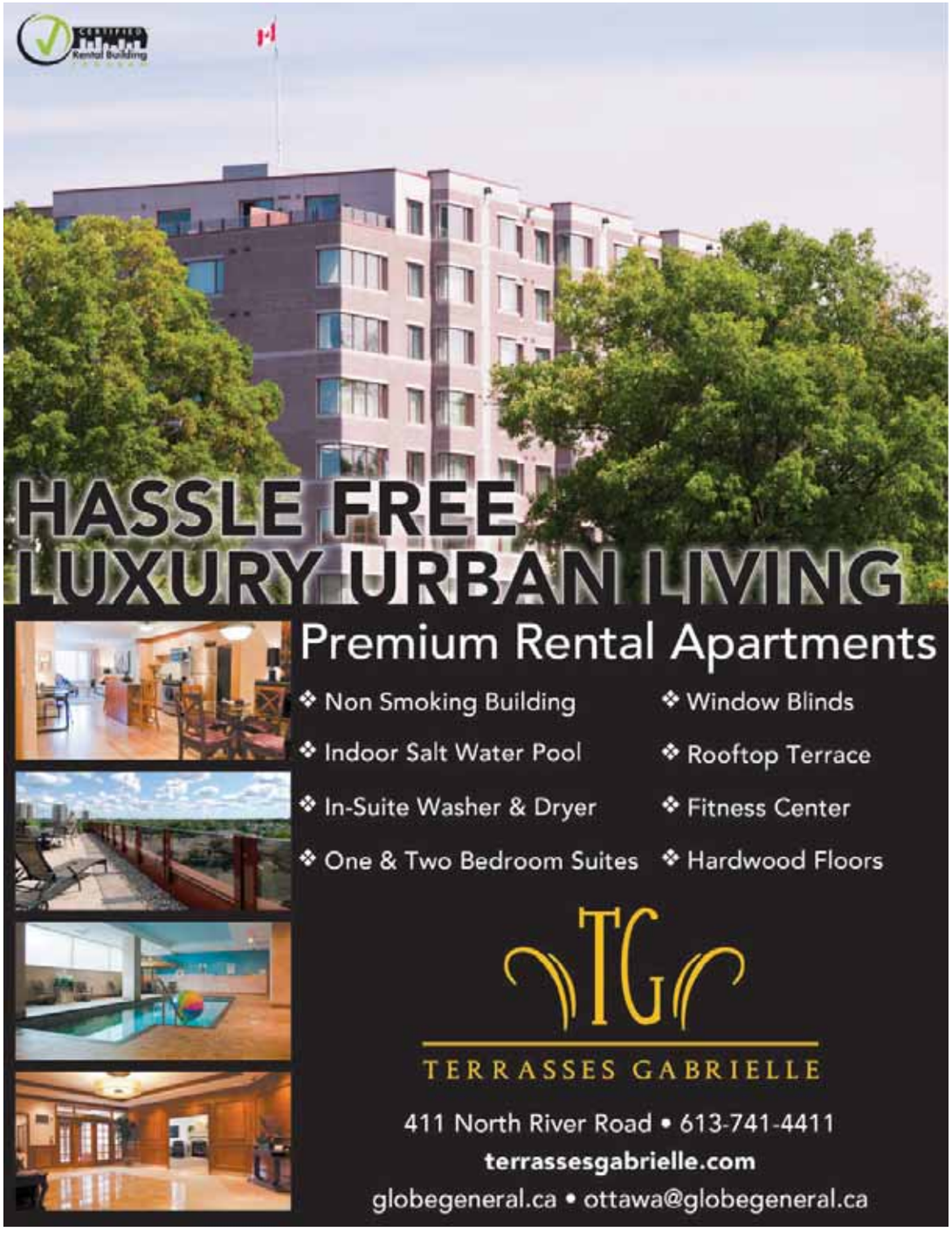


WARM, INVITING PLACE TO LIVE

LES TERRASSES GABRIELLE

Elegance, comfort and all the amenities. That's Les Terrasses Gabrielle.

Carefree luxury living in a rental? Yes, it is possible. Just ask the delighted residents at Les Terrasses Gabrielle, a premium apartment rental development that serves up elegant, luxury living without the special fees or assessments that come with ownership.

Overlooking the Rideau River, Strathcona Park and the Rideau Tennis Club, Les Terrasses Gabrielle offers its clientele beautiful panoramic views, marvellous amenities, and luxury suites ranging from 632 to 1,310 square feet that rival the offerings of the Ottawa's finest condominiums.

As property manager Jason Ely notes, Les Terrasses Gabrielle is much more than a lovely building.

"It's a community of wonderful people and a warm and inviting place to live, a place that makes you proud to bring people home. Simply put, it is home."

Les Terrasses Gabrielle strikes the perfect balance between serene park-side living and vibrant downtown living. Whether residents want to go cycling, attend a summer festival in Strathcona Park, shop the stores of Beechwood Village or enjoy one of the ByWard Market's award-winning restaurants, one thing is for sure — they never have to venture too far from home.

Amenities and extras will wow you. Suites featuring high-glazed ceilings, granite countertops, solid hardwood floors, six stainless steel appliances and more make Les Terrasses Gabrielle the ideal place for living and entertaining. The property also offers outstanding amenities, including an indoor saltwater pool, top-of-the-line fitness facilities, and a rooftop terrace offering stunning views of the city.

A strong commitment to high efficiency has earned Les Terrasses Gabrielle a high performance new construction certificate from Enbridge. The property has also been recognized for leadership in the rental housing industry through successful certification and compliance with all the requirements of the certified rental building program.

Is the Les Terrasses Gabrielle lifestyle for you? Find out by calling 613-741-4411 to arrange a viewing. It's possible you'll come for a visit and decide to stay.

For more information, visit terrassesgabrielle.com.

Karlsson pumped for post-Olympic hockey

NHL. Star defenceman and Sens resume playoff push on Thursday against Alfredsson, Red Wings

Back from Sochi where he won a silver medal playing for Sweden, Erik Karlsson is excited for a couple of the Senators' games this week. BRUCE BENNETT/GETTY IMAGES

Erik Karlsson showed no sign of disappointment or jetlag as he returned to the ice with the Ottawa Senators on Wednesday.

The Swedish defenceman came home with an Olympic silver medal and while he would have preferred gold, he said his experience in Sochi was unforgettable.

"It was two amazing weeks," said Karlsson, whose Swedes lost 3-0 to Canada in the gold-medal game on Sunday. "I think everyone was a little bit skeptical before we got there and once we got there I think everyone was a little bit surprised how good it was. All the facilities were really good."

Making the Games that much more special was sharing the experience with close friend and former teammate Daniel Alfredsson.

"It was great," said Karlsson. "We were rooming together and pretty much spent every day together. We're good friends and it's always nice to see some guys that you haven't seen in a while. We had a really good time together."

While the NHL's participation in the 2018 Olympics remains uncertain, Karlsson says he would love to have another chance to represent Sweden four years from now.

Karlsson will be reunited with some of his Swedish teammates Thursday as the Senators host the Detroit Red Wings in their first game since the Olympic break. But he knows all niceties will have to be set aside.

Heading into Wednesday night's games the Senators trailed Detroit by one point for the final wild-card spot in the tight Eastern Conference. The Red Wings were in Montreal Wednesday night.

"I think everybody's excited to start playing again," said Karlsson. "We have an exciting game against Detroit Thursday and then we go to Vancouver and play the outdoor game. We have a lot of things to look forward to."

With 23 games remaining the Senators know they can't afford to take any nights off, but at the same time can't become overly obsessed with losses.

"We know what we have to do," said Clarke MacArthur. "There's a lot of wins to be done here." THE CANADIAN PRESS

Workers prepare the ice and BC Place stadium for the NHL Heritage Classic in Vancouver on Wednesday. The Canucks and Senators are scheduled to play in the game Sunday. DARRYL DYCK/THE CANADIAN PRESS

Hobbling hero. Price suffers lower-body injury

Montreal Canadiens star goaltender Carey Price left the team's morning skate Wednesday with what the club is calling a lower-body injury.

Coach Michel Therrien said Price aggravated the injury while representing Canada at the Sochi Olympics.

"He will not play the next two games and he's day-to-day," Therrien said.

The Canadiens hosted the Detroit Red Wings Wednesday night. THE CANADIAN PRESS

Carey Price TORSTAR NEWS SERVICE

Sense of accomplishment

"I think everybody feels a sense of pride, but also a sense of relief knowing you were able to do what everybody expected."

Sidney Crosby returned from Sochi, Russia, with his second Olympic gold medal, this one as the captain of the Canadian team. Crosby returns to normalcy in the NHL with the first-place Penguins, who face a stretch run that features 24 games in 46 days.

Wingin' it. Babcock shifts focus to getting Detroit back into post-season

Mike Babcock loved the Olympics, but now he has another tough task — trying to get the Detroit Red Wings into the NHL playoffs.

"It's about the Red Wings now — that's all over with," said the coach who led Canada to a second straight hockey gold medal at the Sochi Olympics. "We're in a real battle to get into the playoffs. We take real pride in the Red Wings being in the playoffs every year."

The Red Wings, clinging to the eighth and final Eastern Conference playoff spot, faced Montreal on Wednesday night. THE CANADIAN PRESS

Quoted

"There's no excuses. We have to find way to get in." Mike Babcock

4 SPORTS

Red Sox are counting on Koji

Koji Uehara of the Boston Red Sox, left, celebrates with David Ross after defeating the St. Louis Cardinals in Game 6 of the World Series at Fenway Park on Oct. 30, 2013. ROB CARR/GETTY IMAGES

MLB. Despite celebrity status, World Series hero insists he's not resting on past laurels

He's written a book. He's endorsing a Japanese beer — "please try it." And he met Japan Prime Minister Shinzo Abe and U.S. Ambassador to Japan Caroline Kennedy.

And, oh, yes, he won a World Series title.

Without Koji Uehara's nearly lights-out performance last season as the Red Sox's fourth closer, the team's championship might not have happened.

Still, Uehara insists his life is the same as it was a year ago.

"Nothing has changed at all," he said through a translator.

If the same can be said about his performance this season, the Red Sox will be very happy.

Uehara joined the Red Sox last season as a free agent and was expected to be a part of the back end of the bullpen. But, he took over the closer's role after injuries to Joel Hanrahan and Andrew Bailey. Junichi Tazawa took a shot at closing but was ineffective.

Manager John Farrell made Uehara his closer on June 21, and from that point on the right-hander was nearly unhittable: He appeared in 41 games, saving 20 games in 22 opportunities. Uehara gave up three runs — two earned — on 14 hits, one home run, two walks and 59 strikeouts for 0.41 ERA and held opponents to an .097 average.

Overall, in 73 appearances, he went 4-1 with a 1.09 ERA and 21 saves. He set a club record with 37 consecutive batters retired from Aug. 17 to Sept. 13.

Can Uehara, who will turn 39 on April 3, repeat what he did last season? Is it even fair to ask?

"Totally fair," manager John Farrell said.

Uehara is entering his sixth season in the major leagues after a 10-season career in Japan. In five MLB seasons with the Orioles, Rangers, and Red Sox, he is 9-10 with a 2.42 ERA, 35 saves in 230 games (all but 12 in relief).

"Granted, his performance last year was outstanding," Farrell said. "The line that he put up, the time of the year, the game, the importance.... I keep going back to the years previous. This has been a very successful pitcher every year he's been here in the States."

Uehara is not concerned with his past success or production.

"It's all in the past," he said. "It's not productive, so I didn't really reflect on it."

But Uehara pitched an MLB career-high 88 innings, 51 more innings than with the Rangers in 2012, when a lat strain limited him to just 37 appearances.

The Red Sox will monitor his workload in spring training and into the season, but the right-hander won't be limited because of it. THE ASSOCIATED PRESS

Staying on target

"I don't care what people think. Every year is a challenge. I try to make that motivation to be better."

Boston reliever Koji Uehara explains why it's important not to dwell on the past

Around the majors

A look at some of Wednesday's top stories from MLB spring training

- **Blue Jays 4, Phillies 3.** Jose Bautista hit a long home run off Roberto Hernandez just three batters into the game in Wednesday's rain-shortened spring training opener for both teams. Bautista's drive landed outside of the ballpark at Bright House Field. Toronto's R.A. Dickey faces the Phillies Cliff Lee in Thursday's rematch.
- **Strasburg on hold.** The Washington ace says he is healthy and ready to go but the Nationals aren't rushing him back into action. Strasburg isn't scheduled to pitch in the Nationals' first two exhibition games but will do a bullpen session on Saturday.
- **Reeling in Trout.** The Angels re-signed outfielder Mike Trout to a one-year, $1 million US contract on Wednesday. Trout becomes eligible for arbitration after this season and the sides are discussing a deal which would keep him in L.A. through 2020.
- **Bumps and bruises.** Angels outfielder Josh Hamilton will be sidelined two weeks because of a strained calf muscle while pitcher C.J. Wilson does not appear to be hurt after taking a line drive of the head in batting practice on Tuesday.

Ames shoots his way into Canadian Golf Hall of Fame

Stephen Ames GETTY IMAGES

Calgary's Stephen Ames is the newest member of the Canadian Golf Hall of Fame.

The 49-year-old was unanimously named for induction Wednesday and will become the 74th member of Canada's golf shrine.

Ames, a dual citizen of Canada and Trinidad and Tobago, has recorded four career PGA Tour wins and has earned over $19.5 million US during his career.

This year, Ames plans to play events both on the PGA Tour as well as the Champions Tour.

A career milestone came in '06 when the Calgary resident won the The Players Championship by six strokes over Retief Goosen. The victory moved Ames into the No. 27 spot in the official world golf rankings at the time.

Last year, the Stephen Ames Foundation funded the inaugural CJGA Stephen Ames Junior Cup.

THE CANADIAN PRESS

Auto Racing

Villeneuve set to make his return

Jacques Villeneuve is ready to make an IndyCar comeback.

Schmidt Peterson Motorsports said Wednesday it has hired Villeneuve to race in this year's Indianapolis 500, 19 years after the Canadian driver first drank the milk in Victory Lane.

Schmidt and co-owner Rick Peterson, also from Canada, made a serious offer he couldn't refuse. The Indy 500 is scheduled for May 25. THE ASSOCIATED PRESS

NBA. New mask has Heat star LeBron in a 'hot fog'

LeBron James says his new protective mask is hot, uncomfortable and prone to fogging up. Plus, as teammate Dwyane Wade pointed out, it looks weird.

So James is in the market for design suggestions.

"I've been talking to Marvel Comics for the last couple of days, and DC Comics, to try to come up with one of the greatest masks of all time," James said with a chuckle Wednesday. "So we'll see what happens."

James spoke after trying out his new mask for the first time in practice. He plans to use it Thursday when the Miami Heat play the New York Knicks. THE ASSOCIATED PRESS

The nose knows

"You can still feel it, because the nose is still tender. But it definitely lessens the pain."

LeBron James of the Heat explains the comfort level of his new protective mask.

Horoscopes

♈ Aries
March 21 - April 20
It won't be long before your mind is back in the groove. You will have a lot to say for yourself today but be very careful that you don't give away secrets to people who may be your rivals.

♉ Taurus
April 21 - May 21
According to the planets, you could make serious money but you need to get serious about your ambitions. Most of all, you need to commit yourself to an objective that may take years to reach. Are you ready?

♊ Gemini
May 22 - June 21
You will be challenged over the next few days, but you will rise to the challenge and come out unscathed. Remember: rivals are more scared of you than you need be of them.

♋ Cancer
June 22 - July 23
You will need to close your ears to criticism today. It does not matter how good a job you do, someone, somewhere, will pick holes in your methods or techniques. Ignore them and carry on as before.

♌ Leo
July 24 - Aug. 23
Be careful what you ask for over the next two or three days because you are likely to get it. Why should that be a problem? Because the responsibilities that go with it could take away a lot of the fun.

♍ Virgo
Aug. 24 - Sept. 23
You will be more emotional than usual today. But that could actually work in your favour, especially if you have not been too open about your feelings of late. Every now and then it's good to let it all out.

♎ Libra
Sept. 24 - Oct. 23
Do something unexpected. The planets indicate that no matter how far you push the limits, at home or at work, others will forgive you. But that's only today. Tomorrow they won't be so generous.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your eye on the ball and keep your mind on what it is you are hoping to accomplish. If you can do that then you will succeed. The approaching new moon will give you added drive and dynamism.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to rely on other people. You have high hopes for the future and will make quicker progress if don't have to worry about dragging others along behind you.

♑ Capricorn
Dec. 22 - Jan. 20
For the past two or three weeks you have found it hard to get your thoughts together, which means progress has been slow. Now, your mind will click into gear and you will soon be sailing along.

♒ Aquarius
Jan. 21 - Feb. 19
You don't take risks often but when you do, you go all the way. With that in mind, you are advised to wait until the weekend to follow up on what you are planning. If you start too early you could lose it all.

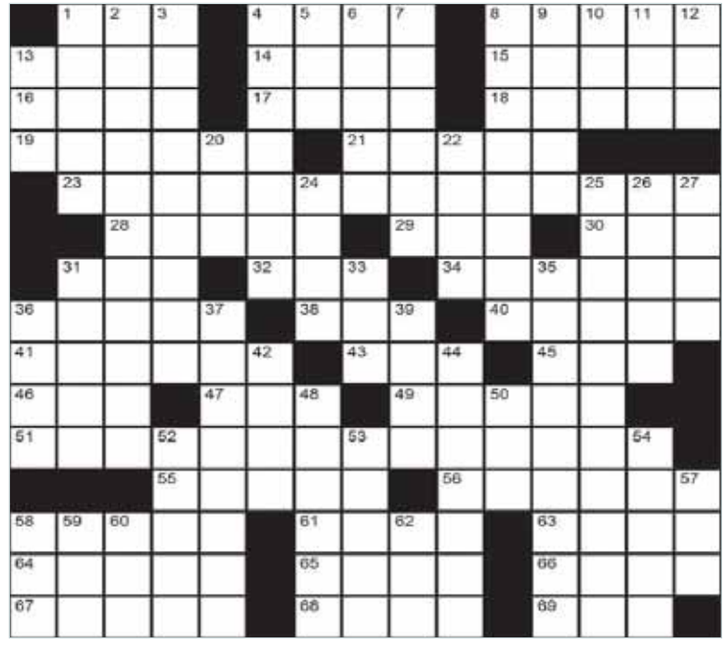
♓ Pisces
Feb. 20 - March 20
Be assertive and let partners and colleagues know that you intend to put your needs first. This is your time of year and you have every right and every reason to be a little bit selfish.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



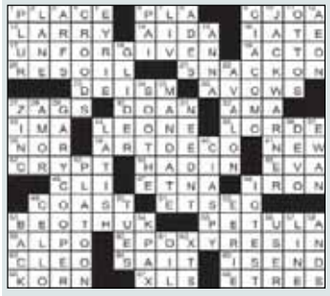
Across

1. Possibilities
4. Frost
8. Ancient water nymph
13. Take _ __ (Try the drink)
14. Vogue rival
15. __ boots
16. Saintly symbol
17. Marsh plant
18. Solemn bell sound
19. "You are not!" retort: 3 wds.
21. Farewell, in France
23. Step dancers perform to their music: 2 wds.
28. '70s music
29. Classic game
30. Ms. Long
31. Like
32. Exhaust
34. Fort __ (Where the American Civil War started in 1861)
36. Roman Empire invaders
38. Beige
40. Sans stopping...: 2 wds.
41. Singer Bonnie's surnamesakes
43. Drivers' org.
45. Actor Mr. Knight's
46. Admiral's org. in The States
47. Juice: French
49. 1985 Power Station hit: "Some Like __ __"
51. "The best man in Ottawa...": Lumberjack in the Stompin' Tom Connors song: 3 wds.
55. Flower sort
56. More sore
58. 1998 Edwin McCain song: 2 wds.
61. In __ of flowers
63. Alfonso XIII's queen's namesakes
64. Sitting spot
65. High
66. Prefix with 'dynamic'
67. "All in the Family" role
68. Opportunity
69. Juiceless

Down

1. Oscar-winning songwriter Mr. Hayes
2. Oscars category: 2 wds.
3. It will shine on Ellen DeGeneres as this year's Oscars host
4. Brave acts
5. Corrida call
6. Shake like _ __
7. Social news website
8. Leslie Nielsen movie franchise: 2 wds.
9. Cancel
10. White House nickname
11. __ clear
12. Rocker Mr. Shannon
13. Sushi tuna
20. Periods beyond regular hrs.
22. Some apples
24. Outdoors garment
25. "The __": Piano tune in "The Sting" (1973)
26. 'Nothings' in Nice
27. Chalcedony variety
31. "__ __ _ say, not..."
33. BC's ocean
35. "Ace of Spades" British metal band
36. Food
37. Gospels guy, __. __
39. Newbie
42. Tallow source
44. In the wrong: 2 wds.
48. Silver fishies
50. "__ Ramsey" ('70s TV Western)
52. Frilly neckwear piece like Austin Powers wears
53. "Easy Livin'" by __ Heep
54. Beat
57. Record label The Bee Gees were on
58. 'Expert' suffix
59. 19 TV __. (Production co. for "American Idol")
60. Law: French
62. "Turn to Stone" gr.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7	2		9	3		
	2		3		5		4	
9								8
		8	1	2	6	5		
		9	8	5	7	2		
7								2
	3		6		1		5	
		1	4		2	6		

Yesterday's Sudoku

7	2	9	1	3	5	6	8	4
1	3	5	8	4	6	2	9	7
4	8	6	2	9	7	3	5	1
8	4	7	3	5	2	1	6	9
3	5	1	9	6	8	7	4	2
6	9	2	4	7	1	8	3	5
9	1	3	7	8	4	5	2	6
2	6	8	5	1	9	4	7	3
5	7	4	6	2	3	9	1	8

Today
-9°/-22°
Flurries
60%

Friday
-13°/-18°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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